



The Challenged Sports Exchange (CSE)
offers year-round recreational programs
and athletic activities for individuals
with mental and/or physical challenges.

Age limitations and registration fees may vary with programs offered. At least one parent, guardian or provider must be on the premises at all times during any CSE activity or event. Only participants registering by the deadlines are guaranteed shirts and/or uniforms. The CSE is a program of the Lynchburg Parks and Recreation Department held in cooperation with the CSE Advisory Committee, Inc. and The Arc of Central Virginia.

To receive the quarterly newsletter or registration forms, please contact Barb Franz, CSE Program Coordinator, at (434) 455-5880. Information and forms may also be picked up at the Miller Center, 301 Grove Street, M-F from 8:30 am to 5 pm.



CSE Tee Ball Jr. League Ages 5 to 18

It's time to play fall ball with the CSE Jr. League Tee Ball Team. No scores are kept and the name of the game is just plain fun. Fees are only applicable to new players not previously registered with the spring 2006 teams.

CR & NR \$25.00

Peaks View Softball Field 1 – Contact: Barb Franz

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
33002.301	TU & TH	9/5-9/28	6-7 pm

CSE Tee Ball/Softball Sr. League Ages 19 & Up

The CSE adult softball league offers athletes the opportunity to participate on a real team and be a winner each time they come up to bat. Athletes enjoy this non-competitive league where they make new friends that last a lifetime. Seniors play two out of the three days on a rotating schedule. Fees are applicable to new players not previously registered in the spring 2006 season.

CR & NR \$25.00

Peaks View Softball Field 1 – Contact: Barb Franz

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
33002.302	TU W TH	9/5-9/28	6-8 pm

CSE Bowling Ages 5 and Up

It's time to move indoors and enjoy the competition of knocking down the pins. Lane reservations fill quickly so register early. Reservations taken on a first-come, first-served basis. Register by 10/27.

CR & NR \$28

AMF Lynchburg Lanes – Contact: Barb Franz

<u>Day</u>	<u>Date</u>	<u>Time</u>
TH	11/2, 11/9, 11/16 & 11/30	6 pm



CSE Fall-Winter Basketball Ages 5 & Up

Join CSE athletes as they enjoy the competition of half court basketball games or just shooting hoops and practicing their skills with the ball. Participants registering by the deadline are guaranteed shirts. Register by 10/20.

CR & NR \$20.00

Sandusky Middle Gym – Contact: Barb Franz

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
33004.301	TU	11/14-1/30	6-8 pm

CSE Fall Centerpiece Class Ages 10 & Up

Use natural materials to make a centerpiece that makes your fall table shine.

CR & NR: \$20.00

Miller Center – Instructor: Susian Matherly

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
29101.301	TH	10/26	6-8:30 pm

CSE Gingerbread House Class Ages 10 and Up

Add a little whimsy to your Christmas decorations with a gingerbread house fit for any well groomed gingerbread man and his family. This program is limited to 12 participants and will be filled on a first-come, first-served basis. Register by 12/1.

CR & NR: \$20

Centenary United Methodist Church Gym
Leesville Rd., Lynchburg – Contact: Barb Franz

<u>Day</u>	<u>Date</u>	<u>Time</u>
Monday	12/11	6 pm

CSE Christmas Topiary Class Ages 10 & Up

Have fun using the classic winter branches of English boxwood to create a beautiful topiary for your holiday table.

CR & NR: \$20.00

Miller Center – Instructor: Susian Matherly

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
29102.302	TH	12/14	6-8:30 pm